

**Are you the
1 in 3 at risk
of kidney
disease?**



The two most common causes of kidney disease are:



Diabetes



High blood pressure

Do you have any of these common causes of kidney disease?

- have had a heart attack or a stroke
- are aged over 60
- have a family history of kidney failure
- smoke
- are obese
- have a history of acute kidney injury
- are of Aboriginal or Torres Strait Islander origin

How can you take control of your kidney health?

1

Ask your doctor

If you answered yes to any of the above, take action with an annual kidney health check with your GP.

2

Connect with Kidney Health Australia to learn more



Log on to our website:
www.kidney.org.au



Free call Kidney Helpline: **1800 454 363**



Email Kidney Helpline:
kidneyhelpline@kidney.org.au

Kidney Health Australia provides a free resource and support program for people diagnosed with kidney disease. To access the *My Kidneys, My Health* Resource or to learn more connect with us using one of the options above.

Prevent, Detect, Support.